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A video clip for every procedure can be found on the book's website.

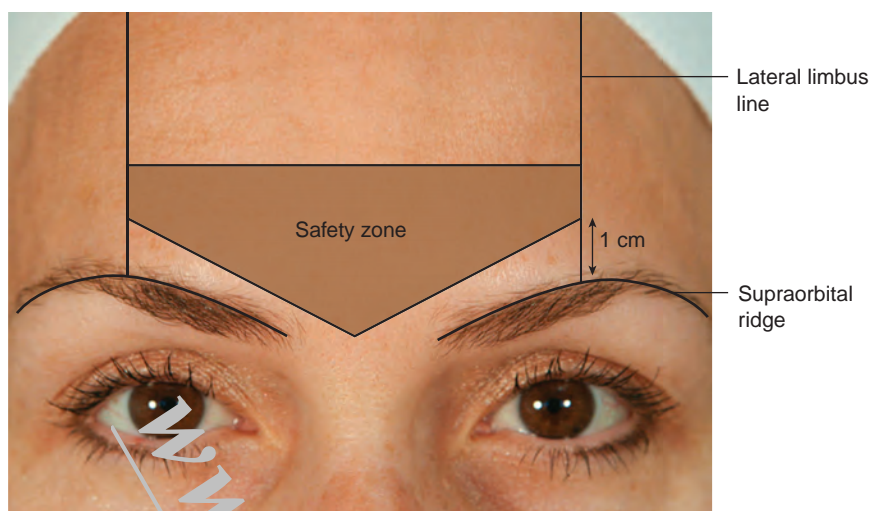


FIGURE 4 ● Frown line safety zone for botulinum toxin treatments. Copyright R. Small, MD.

Procedure Overview

- Place injections within the frown line safety zone (Fig. 4). The safety zone is at least 1 cm above the supraorbital ridge at the lateral limbus line, and extends inferiorly to a point approximately 1 cm below the glabellar prominence. It is bounded by vertical lines extending from the lateral limbus line to the hairline.
- An overview of injection points and BOTOX doses for treatment of frown lines is shown in Figure 5.
- Botulinum toxin is injected intramuscularly for treatment of frown lines.
- Injecting inferior to the safety zone, less than 1 cm above the supraorbital ridge at the lateral limbus line, increases the risk of blepharoptosis (droopy upper eyelid).

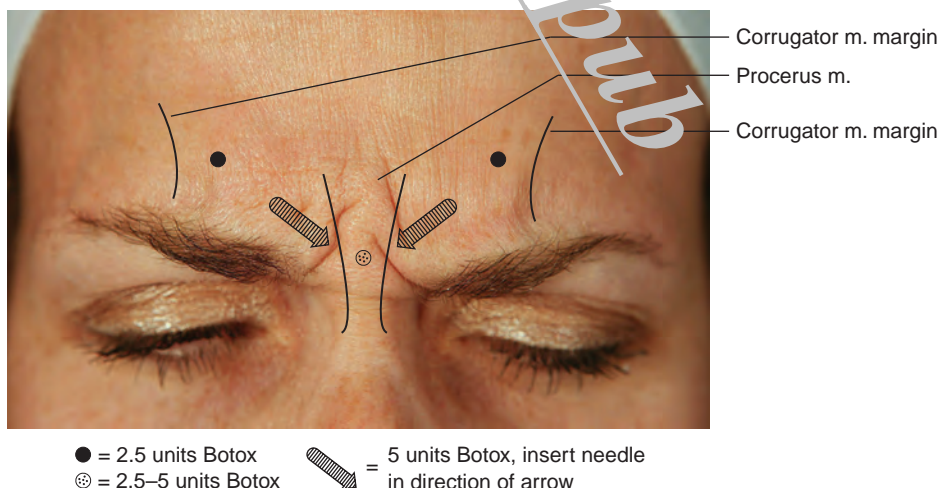


FIGURE 5 ● Overview of botulinum toxin injection points and doses for treatment of frown lines. Copyright R. Small, MD.

3. Locate the frontalis muscle and identify the ridges of the frontalis muscle by instructing the patient to contract the muscles, using one of the facial expressions above.
4. Identify the injection points (Fig. 4).
5. Ice for anesthesia (optional).
6. Prepare injection sites with alcohol and allow to dry.
7. The provider is positioned in front of the patient.
8. While the frontalis muscle is contracted, insert the needle into the frontalis muscle within the safety zone lines. The needle is angled at 30-degrees to the forehead and the tip is inserted into the muscle ridge. Inject 2.5 units of OBTX with gentle, even plunger pressure (Fig. 5).

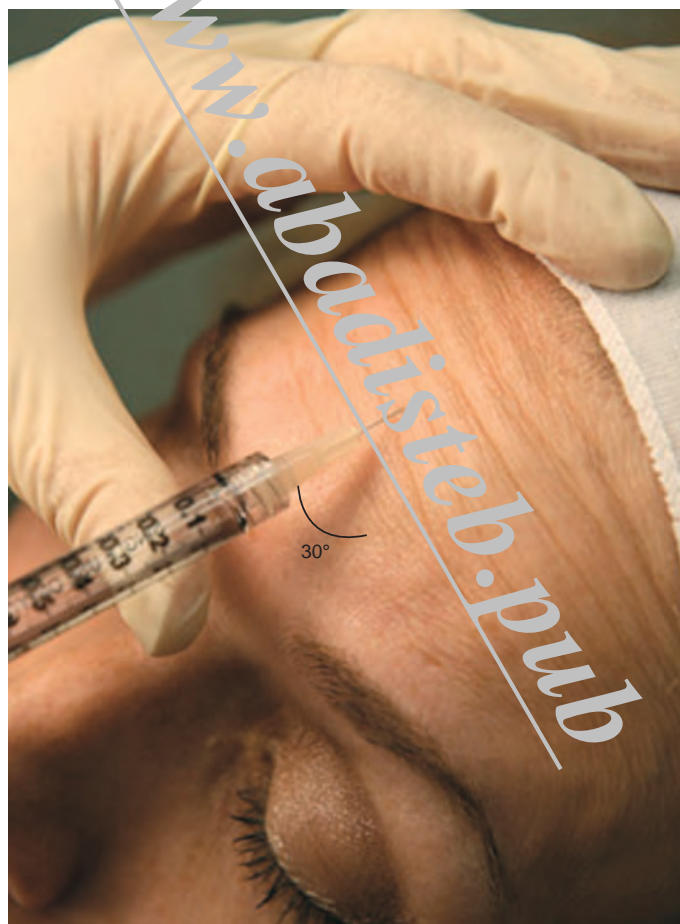


FIGURE 5 ● Medial frontalis muscle botulinum toxin injection technique. Copyright R. Small, MD.



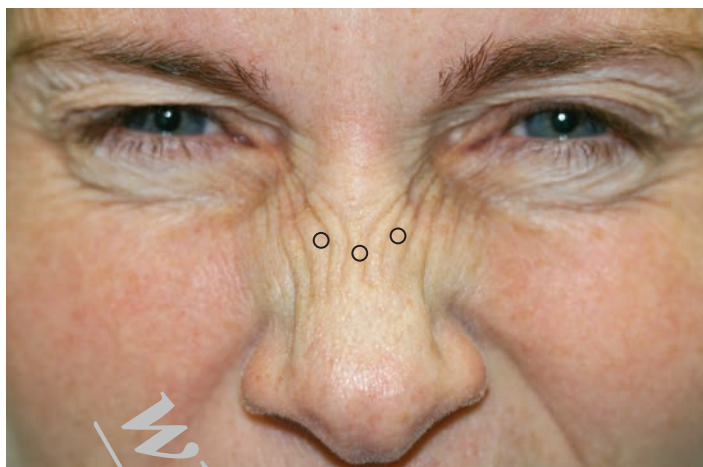
FIGURE 9 ● Palpation of the infraorbital rim. Copyright R. Small, MD.

the eyelid margin (Fig. 8B). While the orbicularis oculi muscle contracted, angle the needle inferiorly, almost parallel to the skin, and insert the needle subdermally just under the skin. Inject 0.6 units of OBTX to raise a wheal (Fig. 11).

7. Repeat injections for the contralateral inferior orbicularis oculi muscle.
8. Compress the injection sites, directing pressure away from the eye.



FIGURE 10 ● Medial botulinum toxin injection of the inferior orbicularis oculi muscle. Copyright R. Small, MD.



○ = 1.25 units Botox

FIGURE 4 ● Overview of botulinum toxin injection points and doses for treatment of bunny lines. Copyright R. Small, MD.

the needle towards the nasal sidewall and insert subdermally. Inject 1.25 units of OBTX.

9. Repeat the above injection on the contralateral nasal wall.
10. The third injection point is on the dorsum of the nose. Reposition to stand in front of the patient. With the nasalis muscle contracted, approach inferiorly,



FIGURE 5 ● Nasalis muscle sidewall botulinum toxin injection technique. Copyright R. Small, MD.